

Apple Butter Meatloaf

Servings: 4**MEATLOAF**

non stick cooking spray
1/2 cup onion, finely minced
1 tablespoon butter
1 teaspoon salt
1/2 cup apple butter
2 tablespoons apple cider vinegar
dash hot sauce
2 pounds ground beef
1 egg, lightly beaten
20 crackers, butter style, crushed into crumbs
2 tablespoons apple butter

Preparation Time: 40 minutes**Cook Time: 1 hour**

Preheat the oven to 350 degrees.

Lightly spray a 4-1/2 x 8-1/2 inch loaf pan with cooking spray.

In a small skillet, add the butter and onions. Sprinkle with the salt. Cook over medium heat until they are soft and translucent, around 10 minutes.

In a small bowl, whisk together the apple butter, apple cider vinegar and hot sauce.

In a large bowl, add the cooked onions, lean ground beef, egg, crushed crackers and apple butter mixture.

Mix by hand (or with a sturdy wooden spoon) to combine all of the ingredients. Press them into the prepared loaf pan. Brush the top with the remaining one to two tablespoons of apple butter.

Bake for one hour or until done.

Per Serving (excluding unknown items): 848 Calories; 64g Fat (68.8% calories from fat); 40g Protein; 26g Carbohydrate; 1g Dietary Fiber; 254mg Cholesterol; 735mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 10 Fat; 1 1/2 Other Carbohydrates.